



**Declutter Your Mind: How to Stop Worrying,
Relieve Anxiety, and Eliminate Negative Thinking
(Mindfulness Books Series Book 1)**

S.J. Scott

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Feel overwhelmed by your thoughts? Struggling with anxiety about your daily tasks? Or do you want to stop worrying about life?

The truth is...We all experience the occasional negative thought. But if you *always feel overwhelmed*, then you need to closely examine how these thoughts are negatively impacting your lifestyle.

The solution is to practice **specific mindfulness techniques** that create more "space" in your mind to enjoy inner peace and happiness. With these habits, you'll have the clarity to prioritize what's most important in your life, what no longer serves your goals, and how you want to live on a daily basis. And that's what you'll learn in ***Declutter Your Mind***.

DOWNLOAD:: Declutter Your Mind -- How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking

The goal of this book is simple: We will teach you the habits, actions, and mindsets to clean up the mental clutter that's holding you back from living a meaningful life.

You will learn:

4 Causes of Mental Clutter

How to Reframe ALL Your Negative Thoughts

4 Strategies to Improve (or Eliminate) Bad Relationships

The Importance of Decluttering the Distractions That Cause Anxiety

A Simple Strategy to Discover What's Important to YOU

400 Words That Help Identify YOUR Values

The Benefit of Meditation and Focused Deep Breathing (and How to Do Both)

How to Create Goals That Connect to Your Passions

Declutter Your Mind is full of exercises that will have an immediate, positive impact on your mindset.

Instead of *just* telling you to do something, we provide practical, science-backed actions that can create real and lasting change if practiced regularly.

Would You Like To Know More?

Download now to stop worrying, deal with anxiety, and clear your mind.

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Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking (Mindfulness Books Series Book 1) Details

Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative

Thinking (Mindfulness Books Series Book 1)

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Soul longings says

There are books which u read for entertainment and forget and there are books which can change your life for good , I would say this book falls in the latter category and reading this will help you in a long way if you are dealing with a uncontrolled , mind filled with negative thoughts and despair. This is a book which can be read again and again . It helped me very much when my mind was filled with negative thoughts and kept on ruminating, I would keep this book in the league of Seven habits of highly effective people.

Scott Allan says

I have been a victim of "monkey mind" for as long as I can remember. Years ago, when I tried to get a better handle on the events that were controlling my life, I focused on the external forces that I was sure had everything to do with my success [and failure] in life. If I was happy, something made me happy. If I was sad or depressed, something else made that happen, too. In my quest to gain greater control of my own life I realized that the thoughts I was creating every moment had everything to do with the quality of life I would experience at any given moment. Getting to the point, "Declutter Your Mind" is a powerful book on gaining total control of your mind, environment and shaping the future as you want it to be and not just relying on life to happen as it should.

In their third book in this series, Steve [Scott] and Barrie [Davenport] have written a book that targets one of the most critical areas we all struggle with: a life full of clutter. As they point out from the intro, your thoughts create reality, from stress and productivity to feeding into emotions, we can control and direct our thoughts to work for us instead of against us.

The book kicks off with the 4 causes of mental clutter:

- Stress
- The Paradox of Choice
- Too Much Stuff
- The Negativity Bias

The next section gives us four mental declutter habits that add serious weight to both physical and mental health. The first is "Focused Deep Breathing" where we learn the full value of focusing on deep breathing on a regular basis. The second is "Meditation" and the authors say "we suggest meditation as a tool to help you train your mind and control your thoughts." Steve and Barrie introduce the simple 11-step process to use for building the mediation habit. Next is the "Reframe All Negative Thoughts" habit. Here you will learn the "six strategies you can use throughout your day to break the pattern and begin taming your mind." Finally we have the "Teach Your Old Mind New Tricks" habit. Here we have four great strategies for gaining greater control of your thoughts instead of being a slave to them.

Honestly, I was sold on this book after the first chapter. The 4 Mental Habits are enough to add incredible value to your life. But there are three more sections that add more weight:

Part 2 is about "Decluttering Your Obligations" and determining the Core Values as, according to the authors, "one of the simplest ways to eliminate mental clutter and live a more fulfilling life is to define your values and guiding principles for your life." In this section we learn four awesome strategies for nailing your life values, clarifying priorities, Mindful Goal Setting with Quarterly Smart Goals, and Connecting Goals to Passions.

Part 3, Decluttering Your Relationships, is the section of this book I needed the most. Because relationships are largely responsible for driving many people into stressful fits of rage, from kids to parents to friends, you

don't want to miss this part. Declutter Your Relationships introduces 4 Relationship Strategies guaranteed to improve, empower and strengthen your communication with people. On every level you can have relationships that function in a healthier way. Steve and Barrie show us that by being mindful of others, we develop deeper levels of empathy and emotional control.

Part 4 is about simplifying your surroundings. Where you spend the most time has a huge impact on your happiness and state of mind. This section has enough juice in it to make your living space a business powerhouse if you clean it up. As the authors state: "When your environment is cluttered, the visual chaos restricts your ability to focus."

This section will show you step-by-step how to

- clean up your home
- minimize your digital life
- spend more quality time with friends and family
- learn to relax more and avoid a life a busy-ness all the time
- simplify your distractions to avoid procrastination
- simplify your daily actions

Declutter Your Mind has a strong focus on Mindfulness, and how we can tap into our greater selves to create a life of relaxation, peace, serenity and freedom. In a world of increasing complexities, schedules stacked up, and distractions controlling our lives, there has never been a better time than now to start "decluttering" your mind [and your life].

-- An added bonus to the book at the end are is a 400-word list of values so you can choose the values for evaluating your current quality of life.--

****So what's the final word on Declutter Your Mind?***

The book is, as expected, written in a way that readers can start implementing the strategies and habits right away. The language is concise and clear and, both authors, drawing from their extensive experience discussing self-improvement and habit strategies have provided us with a timeless book chock full of actionable content. This is a definite recommend for people looking to have a simplified and calmer lifestyle.

Ariadne says

This book felt like a compilation of techniques and methods to bring us more mindfulness. It does not go deep in any of the concepts but it brings quick tips to deal with negative thoughts, to reduce or eliminate distractions, to handle bad relationships, to define goals and values and the importance of meditation. It was nothing new to me because I've already read about the various methods cited by the authors. If you are already comfortable with GTD, the Pomodoro Technique, decluttering strategies and meditation, then this book is no novelty.

For me it worked like a quick guide to remember to apply these techniques on my daily life.

From Reader Review Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking (Mindfulness Books Series Book 1) for online ebook

From reader reviews:

Julio Yates:

What do you think of book? It is just for students since they're still students or that for all people in the world, what the best subject for that? Just simply you can be answered for that problem above. Every person has various personality and hobby for each other. Don't to be forced someone or something that they don't desire do that. You must know how great in addition to important the book Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking (Mindfulness Books Series Book 1). All type of book can you see on many solutions. You can look for the internet sources or other social media.

Richard Bennett:

Information is provisions for individuals to get better life, information nowadays can get by anyone in everywhere. The information can be a expertise or any news even a problem. What people must be consider whenever those information which is inside former life are hard to be find than now is taking seriously which one is acceptable to believe or which one the particular resource are convinced. If you receive the unstable resource then you obtain it as your main information you will see huge disadvantage for you. All those possibilities will not happen inside you if you take Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking (Mindfulness Books Series Book 1) as the daily resource information.

Gary Lopez:

Exactly why? Because this Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking (Mindfulness Books Series Book 1) is an unordinary book that the inside of the book waiting for you to snap this but latter it will distress you with the secret the item inside. Reading this book next to it was fantastic author who write the book in such awesome way makes the content within easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this anymore or you going to regret it. This book will give you a lot of gains than the other book get such as help improving your proficiency and your critical thinking technique. So , still want to hesitate having that book? If I have been you I will go to the guide store hurriedly.

Robert Jones:

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